



## HEALTHY REWARDS®



If **good health** is its own reward,  
consider this a well-deserved **bonus**.



**CIGNA** HealthCare  
*A Business of Caring.*

**CIGNA Healthy Rewards** provides access to a range of health and wellness programs and services often not covered by many traditional benefits plans. Brand names such as Weight Watchers®, Mayo Clinic books, Jenny Craig, and more.

CIGNA **Healthy Rewards**® broadens your health care choices and saves you money — by providing discounts whenever you use Healthy Rewards participating providers. To find them, simply call 1.800.870.3470. Or, visit [myCIGNA.com](https://myCIGNA.com).

### **NO REFERRALS. NO CLAIM FORMS. NO CATCH.**

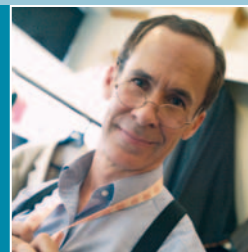
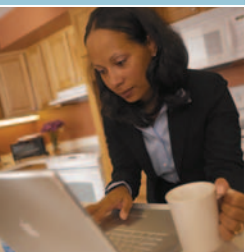
There's no time limit or maximum to **Healthy Rewards** if you're a member. So use them whenever you need them.

If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. **Healthy Rewards** are separate from your plan benefits. The program doesn't apply to your plan copayments or coinsurance. The choice to use the discounts is entirely yours — no doctor's referral is required. No claim forms, either. Set the appointments yourself, and enjoy savings by showing your ID card when you pay for services.

A better, healthier lifestyle is only a click away at [myCIGNA.com](https://myCIGNA.com).

The following pages highlight **Healthy Rewards** programs, which are available to members of *any* CIGNA HealthCare medical, dental, or behavioral health plan.

For a complete list, visit [myCIGNA.com](https://myCIGNA.com).<sup>1</sup>



# Reward yourself. Make a healthy resolution today.

## WEIGHT MANAGEMENT AND NUTRITION

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**Weight Watchers®:** For more than 40 years Weight Watchers has been teaching people how to lose weight safely by promoting healthy lifestyles. Now you have access to three Weight Watchers programs: traditional meetings, Weight Watchers Online Subscriptions, and Weight Watchers At Home. Visit [myCIGNA.com](http://myCIGNA.com) for details.

**Jenny Craig:** This popular weight loss program provides personalized weight loss and weight management services, including nutritionally balanced, prepared Jenny's cuisine. You can sign up for a free 30-day trial membership or take advantage of discounts on six-month and one-year programs. Visit [myCIGNA.com](http://myCIGNA.com) for more details.

**Healthy Roads for Living Weight Management Program:** This program incorporates four important elements of weight control: nutrition, exercise, guided imagery and relaxation techniques. Includes personal progress reports to track your improvements.

## TOBACCO CESSATION

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**QuitNet®:** An online smoking cessation program that combines several effective methods into one easy-to-use program. Includes intensive social support, highly personalized content, access to and support for approved pharmaceutical therapies, and professional counseling. Combining these key components increases the likelihood of success compared with usual treatment or do-it-yourself techniques. Visit [myCIGNA.com](http://myCIGNA.com) for the special lifetime membership rate.

**Tobacco Solutions™:** Healthy Rewards makes it easier (and less expensive) to quit smoking. Get the help you need with discounted Novartis Habitrol nicotine replacement patches. The eight-week program includes a behavioral CD and access to a toll-free support line. You can also get discounts on nicotine patch supplies, gum and lozenges. To find out more, visit [myCIGNA.com](http://myCIGNA.com).

**Healthy Roads for Living Tobacco Cessation Program:** Thanks to this telephonic and web-based program, tobacco users receive support and a personalized cessation plan to meet their individual needs. Quit today for a healthier tomorrow!

## FITNESS

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**Fitness Club Memberships:** Receive fitness club memberships at reduced rates. Simply choose a participating facility and you'll have access to fitness activities from aerobics to weightlifting.

**Just Walk 10,000 Steps-a-Day™:** A fun, easy way to fit regular exercise into your busy schedule. The eight-week program includes an ACCUSPLIT X 120 pedometer, online tools to log daily steps and track progress, and educational materials that include a walking handbook and stretch card with illustrations. Visit [myCIGNA.com](http://myCIGNA.com) to register.

## MIND/BODY

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**Yoga Journal:** Yoga can reduce your stress and increase your flexibility. Now you can save money through several Yoga Journal offers, including discounts on annual subscriptions, DVDs, and conferences.

**Healthyrads for Living Mind/Body Program:** The use of positive mental visualization and relaxation techniques can help employees to lose weight, quit smoking, reduce pain, prepare for surgery or even cope with chronic illness.

## VISION AND HEARING CARE

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**Exams, Eyewear and Contacts:** Healthy Rewards offers discounts on exams, frames, lenses, contacts and accessories at thousands of eye care locations nationwide, including LensCrafters®, Sears, JCPenney, Pearle, and Target.

**Lasik vision correction:** A technique that may reduce or eliminate the need for glasses or contacts. Initial consultations are free through participating providers.

**Hearing Exams and Aids:** Save on hearing aids and hearing tests. Screenings are free.

## ALTERNATIVE MEDICINE

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**Acupuncture:** A painless, ancient healing technique, acupuncture can help to correct imbalances in the body caused by a variety of illnesses or conditions — resulting in pain relief and better health.

**Chiropractic Care:** Relief from pain, better mobility and improved circulation are proven benefits of this time-honored method.

**Massage Therapy:** A variety of new and ancient massage techniques that soothe muscles, tone up circulation and help to relieve pain naturally.

## VITAMINS, HEALTH AND WELLNESS PRODUCTS

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**Drugstore.com:** An online pharmacy that stocks the same health and wellness items as the corner drugstore — for less.

**Healthyrads for Living:** Visit myCIGNA.com to order vitamins & herbal supplements at a discount. We'll ship your order to your door, with no charge for standard deliveries.

## DENTAL CARE

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**Anti-Cavity Products:** Take advantage of a free trial offer and get discounts on a wide variety of anti-cavity products from Epic, including chewing gum, mouthwash, toothpaste, mints and sweetener. These products contain xylitol, which can help reduce cavities, according to recent clinical studies.

## HEALTHY LIFESTYLE PRODUCTS

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**Mayo Clinic Books:** Get health information from a trusted source — at a discount. Choose from more than 20 topics, including fitness, women's health, and healthy aging. Receive a free premium book with each purchase. Visit myCIGNA.com for a list of topics and ordering information.

**Magazine Discounts:** Save on newsstand prices and subscription rates on popular health, wellness, and special interest magazines, including Fitness, Prevention, Consumer Reports, Bon Appetit, Time, Health, and more. Discounts apply to renewed subscriptions. Find the coupon on myCIGNA.com, print and mail it to the address shown.

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<sup>1</sup>Some Healthy Rewards are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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584364I 04/06 © 2006 CIGNA